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RODUCTION
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RONTO
Catharines

KEEP URIC ACID OUT OF JOINTS

Tells Rheumatism Sufferers to Eat Less Meat and Take Salts.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia water drink which helps overcome uric acid and is beneficial to your kidney as well. Rheumatism is easier to avoid than to cure, states a well known authority. We are advised to dress warmly; keep the feet dry; avoid exposure; eat less meat, but drink plenty of good water. Rheumatism is a direct result of eating too much meat and other rich foods that produce uric acid which is absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate the uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles and causing stiffness, soreness and pain called rheumatism.

ELECTRIC TREATMENT

Electric treatment of growing crops may almost be said to have reached a commercial stage. The most recent reports describe experiments carried out at Llantwit Vadre in South Wales on last year's potato crops, which showed a difference of 12.6 per cent between the electrified and the control crops. In 1917 the gain had been somewhat larger—17.2 per cent. The equipment in use in these experiments was of sufficient capacity to care for 100 to 150 acres and its cost was approximately \$1,500. The amount of energy required is considerable.

ST. PATRICK'S DAY

From pole to pole, from sea to sea, Where'er one Celtic spirit dwells, Today he holds a jubilee, And holy thoughts where'er he swells, And holy thoughts where'er he roams, Down on his heart with cheering ray, As backward flies his fancy home, For this is Erin's Patrick's Day.

Where Bonna, Vista's mountains soar, In lowering grandeur to the skies, Where old Niagara's torrents roar, Or Cashmere's fertile valley lies, In every clime, on every land, Old Erin's sons with spirits gay Unite together, heart and hand, To celebrate St. Patrick's Day.

The Irish exile, as he strays, Through the fair vales of Hindustan, Will backward turn in thought to gaze On Shannon, Liffey, Lee or Bann, And to his heart old memories come Of scenes and friends now far away, That once he knew in his old home, Long, long ago, on Patrick's Day.

And where the tall Canadian pine Uplifts its head to brave the storm As pure a love does burn and shine As deep—as pure—as bright, as warm Deep in our hearts 'tis treasured there, And cannot fade or die away, Deep in our hearts the love we bear To native land and Patrick's Day.

On history's page we proudly trace, The glorious deeds our sires have done And o'er the world the Irish race In love of country, yield to none, On many a gory field of death, In rushing charge, and deadly fray, The foe's flag has fallen beneath Our flag that waves on Patrick's Day.

But to our friends on every land, In peasant cot or lordly hall We give with open heart and hand, Friendship, good will and love to all We care not what his creed may be Or at what shrine he kneels to pray, If true to Erin's banner he Is welcome here on Patrick's Day.

To all who love and cherish dear, That proud old land beyond the wave, They'll find as true a welcome here As, warm as freeman ever gave 'Twould be our joy, 'twould be our pride, To see those linked in proud array, The green and orange side by side,

NERVOUS PROSTRATION

May be Overcome by Lydia E. Pinkham's Vegetable Compound—This Letter Proves It.

West Philadelphia, Pa.—"During the thirty years I have been married, I have been in bad health and had several attacks of nervous prostration until it seemed as if the organs in my whole body were worn out. I was finally persuaded to try Lydia E. Pinkham's Vegetable Compound and it made a well woman of me. I can now do all my housework and advise all ailing women to try Lydia E. Pinkham's Vegetable Compound and I will guarantee they will derive great benefit from it." Mrs. FRANK FITZGERALD, 25 N. 41st Street, West Philadelphia, Pa.

There are thousands of women everywhere in Mrs. Fitzgerald's condition, suffering from nervousness, headache, headaches, and other symptoms of a functional derangement. It was a grateful spirit for health restored which led her to write this letter so that other women may benefit from her experience and find health as she has done.

For suggestions in regard to your condition write Lydia E. Pinkham's Vegetable Compound Co., Lynn, Mass. The result of their 40 years experience is at your service.

ST. THOMAS UTILITIES LOSS

The annual financial statement of the public utilities of the city of St. Thomas, made by the city auditor, shows that the Hydro-Electric for the year 1918 had a profit of \$12,223.91, the waterworks \$437.95, the municipal railway had a deficit of \$11,171.75, and the gas department a deficit of \$9,223.54. The amount of taxes not collected are \$86,923.27.

The people of Ottawa should be in a happy condition with a tax rate of only 24 mills and a reduction of 5 per cent. off their water rate.

PLAN CAMPAIGN AGAINST THE LEAGUE IDEA

United States Senators Will Send Special Couriers to Europe to Keep American People Better Informed on League of Nations Matter.

Washington, March 15.—In order, they say, to prevent any censorship from interfering with their plans, Senators who are participants in the society proposed for the purpose of "keeping the American people better informed" as to the events of the Peace Conference will send special couriers to Europe.

These couriers will, so the Senators say, communicate to the French press and people the actual sentiments of the American people regarding the League of Nations and the Peace Treaty. Some of the Senators in the group urging the formation of the Society say they firmly believe that both French and American censorship has been urging repressing methods and that the real sentiments of neither the French nor the American people have been exchanged. They declared yesterday they would depend on their couriers to bring back from France the information they sought, and that this would be "the only safe way" to get it.

Already Senators Borah of Idaho, Read of Missouri, Pendergast of Washington, and others have allied themselves with the movement, with George Wharton Pepper of Philadelphia and Henry Watterson are also identified. Senator Knox of Pennsylvania, who is now at Palm Beach, was heard from today. It was declared he was entirely sympathetic with the idea.

A meeting will be held next week in New York at which an effort will be made to have the new society included, under a special name, with all the organizations in the country which share the same view toward the League of Nations project.

DAYLIGHT SAVING IN CANADA

Daylight saving in the United States will make confusion for the railways in Canada unless they adopt the new time, and if they do the Canadian farmers will again have some of the inconveniences of last year. The farmers complained last summer that they had to be at work in the mornings while the ground with wet with dew. They could not defer the milking if they had to catch milk trains running on the new time. They may be no better off in this respect if the Daylight-saving Bill is dropped at Ottawa. The companies may be compelled to follow the American time against their will because their time tables are adjusted to American connections, and many trains cross the boundary. In that event it would be easier for the cities and the towns to renew last year's plan locally if there is to be no legislation. Workers in shops, offices, and factories and urban gardeners, found the extra hour of daylight in the evenings a boon and will be reluctant to give it up. Both in the United States and Canada the majority of the farmers are opposed to it, their objections being the same in all parts of the continent. They contend that they cannot work under the old time when daylight saving is in force, as they must adapt themselves to the railways and the hours of cities and towns in which they do business.

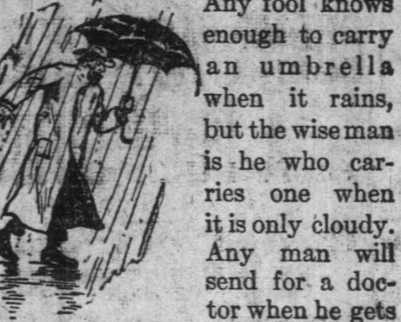
The opinion of Congress was not tested this year, as a filibuster prevented a vote on the question. It is reported that the bill will be dropped at Ottawa because of rural protests. What the Canadian railways will do if Parliament does nothing remains to be seen. Next year so important a matter should be the subject of consultation and agreement between the United States and Canada. It is international in its scope and effect, and cannot be decided satisfactorily by one country alone.—Toronto Globe.

NINE SAILORS DROWNED WHEN SHIP HIT MINE

American Transport Yselhaven Went Down Early Friday Morning. Survivors Landed.

(Special to The Journal)
London, March 15.—Nine sailors are reported drowned in the sinking of the American transport Yselhaven which struck a mine at 1:35 o'clock Friday morning according to a report to Lloyd's. The Yselhaven was bound from Baltimore to Copenhagen. Thirty five survivors have been landed at Hartlepool by a British steamer.

In The Spring-Time.



Any fool knows enough to carry an umbrella when it rains, but the wise man is he who carries one when it is only cloudy. Any man will send for a doctor when he gets bedfast, but the wiser one is he who adopts proper measures before his ills become serious. During a hard winter or the following spring one feels rundown, tired out, weak and nervous. Probably you have suffered from cold, or influenza which has left you thin, weak and pale. This is the time to put your system in order. It is time for house-cleaning.

A good, old-fashioned alterative and temperance tonic is one made of wild roots and barks without the use of alcohol, and called Dr. Pierce's Golden Medical Discovery, in tablet or liquid form. This is nature's tonic, which restores the tone of the stomach, activity of the liver and steadiness to the nerves, strengthening the whole system.

CENTRAL BUTTE, SASK.—"I have used the 'Golden Medical Discovery' for a number of years and am pleased to recommend it as a blood purifier. I know it has no equal. I think my boy would not be alive today had it not been for the 'Discovery.' I also keep it on hand for coughs as it differs so from other medicines, instead of upsetting the stomach as cough syrups do, it is good for the stomach."—Mrs. FERRY WOOD.

BYE-ELECTION TO LIBERAL

Lloyd George Candidate in West Layton Beaten at the Polls

London, March 15.—The bye-election in West Layton, caused by the death of the member elected in the general election in December, has resulted in the election of A. E. Newbold, an Independent Liberal, who defeated K. F. Mason, a Coalition Unionist.

JUBAN AUTHORITIES ARE NOW AFTER JACK JOHNSON

Havana, March 15.—The attention of the judicial authorities here has been called to the declaration made by Jack Johnson, former heavyweight champion, that his bout with Jess Willard in this city four years ago was a "fake." A written report on the incident has been made by a lieutenant of detectives.

In closing his report, which includes the translated version of Johnson's statement as published here yesterday, the detective says:—"From the foregoing it may be seen that if this story is true the people of Havana were deceived and defrauded and that it is desired to repeat the event with the same or a similar combination."

A SOLID COMPLIMENT

New York, March 17.—The New York Morning Sun says in its leading editorial this morning:

"What is this marvelous Canada, our next door neighbor and good friend, that it can come into our markets, war time or peace time, and buy from us as no other nation, population unit for population unit, begins to do? Where is there another to be prized by us as we should prize this staunch ally, patient customer and near kin? How high is the limit which shall be placed upon the value of the relations between that country on the one side and our country on the other side of a thin subodary line stretching high 3,000 from the Atlantic to the Pacific?"

Better Than Ever.

"While the war waged we were astounded at the magnitude of Canada's part in it, with only some 10,000,000 inhabitants; at the men, the money, the supplies Canada sent over; the materials Canada took from us to help keep the war machinery; the industrial machinery, the business machinery of the Dominion driving at top speed. But here is the war end (ended four months ago) and what is Canada still doing in our markets? Only more and better than ever, that is all.

"In January last year our exports to Canada went beyond \$50,000,000; but in January this year they topped \$55,700,000. How does that measure in our international trade?"

Some Comparisons.

"Well, compare: All Africa bought from us in January only \$5,000,000, against Canada's nearly \$50,000,000. All Oceania took from us \$27,400,000 all South America \$24,000,000 All Asia with many hundreds of millions of people, bought from us only \$6,500,000 more than Canada, with its few millions of people.

"Consider our exports to Canada for the seven months of the fiscal year ending in January. In the corresponding seven months preceding all war months we sold to Canada goods amounting to \$42,700,000. That was huge; yet in the corresponding seven months ended with last January some four and a third of them war months, and some two and two thirds of them peace months we sold to Canada goods amounting to no less than \$54,750,000!"

SEND IN YOUR ORDER

Any one desiring to have The Journal delivered should call telephone 53, circulation department. Carrier boys are now going to all parts of the city and arrangements can be made to have the paper delivered every evening at your home.



DR. ARTHUR B. COBB
Dentistry.

AS A LAST RESORT ONLY do we use plates in our Dentistry.

In nine cases out of ten where plates have been used our Crown and Bridge Work Specialists could have accomplished the work without the necessity of a plate. Just as bridge engineers build great spans across seemingly impossible chasms, demanding only TWO SECURE POINTS for their foundations, so do our bridge work Specialists set in place rows of nearly, natural teeth that do everything as well as natural teeth could. These Dental operations are nothing short of marvelous. They bespeak the skill for which this Office is noted.

AND—it is gratifying to know that this skilled Dental service can be yours at extremely reasonable cost. As an example—\$5 for a crown of excellent quality and Bridge work at same rate. The courtesy of an interview and a thorough examination are offered entirely without charge.

Offices: 368-378 Main Street
Corner of Eagle
OPEN UNTIL EIGHT
No Sunday Work
Phone Seneca 405
Formerly known as White Dental Parlors.



Order your Green Carnations and Shamrocks for the 17th now. 5,000 more Choice Violets this Saturday at the special price of 35¢ bunch, 3 for \$1.00; delivered. Full line of Cut Flowers and Potted Plants.

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EAT
SIMMOND'S BREAD
Simmond's Bakery
Phone 1190
279 St. Paul St.

Liberated by Canadians



Residents of Soudemont, France, are glad to be released by the Canadians, after living in the village with the Germans for four years.



French civilians released by Canadians leaving for a village far from German shells and Kultur after living four years under German rule.

CASTORIA
For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Fletcher* In Use For Over Thirty Years **CASTORIA**

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